

By Donna Ashworth

Why do we start a new year, with promises to improve?

Who began this tradition of never-ending pressure?

I say, the end of a year, should be filled with congratulations, for all we survived. And I say a new year should start with promises to be kinder to ourselves, to understand better just how much we bear, as humans on this exhausting treadmill of life.

And if we are to promise more, let's pledge to rest, before our bodies force us.

Let's pledge to stop, and drink in life as it happens.

Let's pledge to strip away a layer of perfection to reveal the flawed and wondrous humanity we trust are inside.

Why start another year, gifted to us on this earth, with demands on our already over strained humanity.

When we could be learning to accept, that we were always supposed to be imperfect.

And that is where the beauty lives actually.

And if we can only find that beauty, we would also find peace.

I wish you peace in 2023.

Everything else is all just part of it.

Let it be so.

